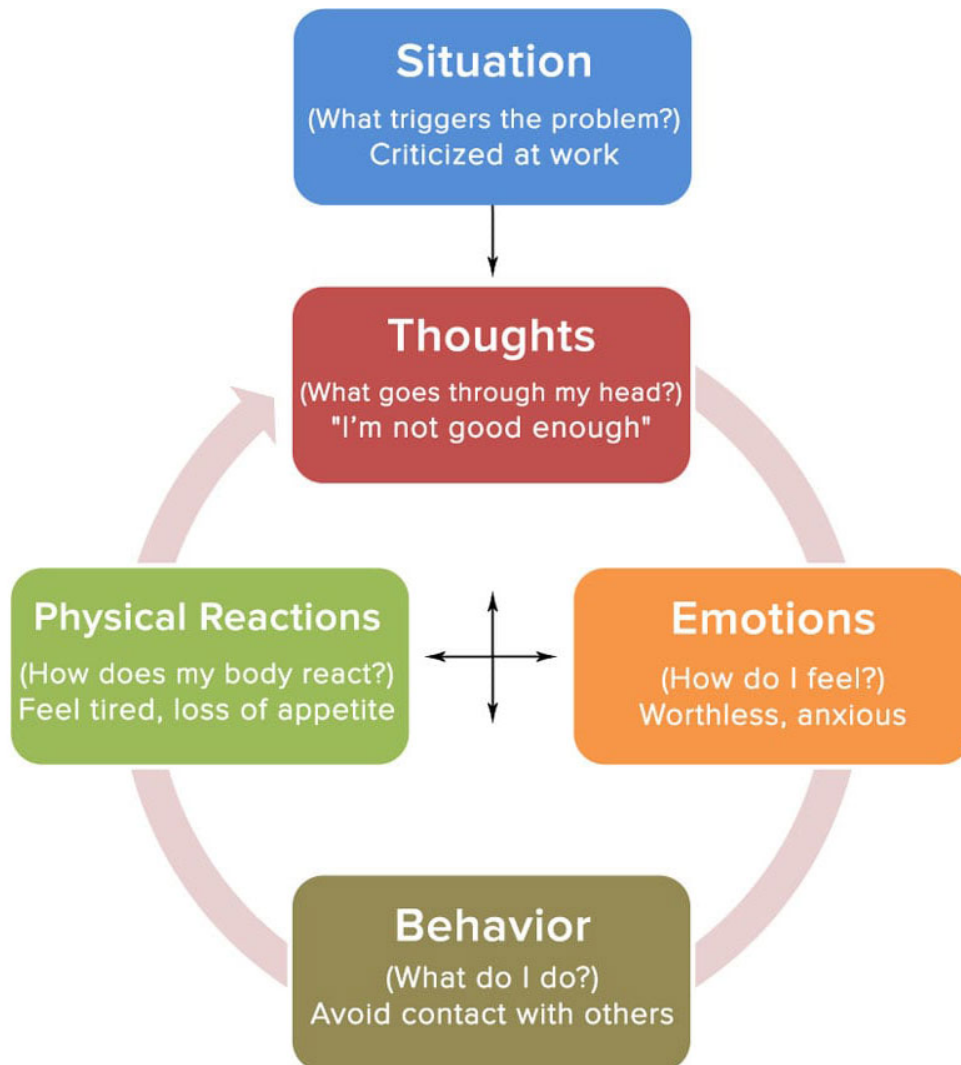


April 21:

CBT pamphlet and walkthrough of teaching to youth

CBT Model

Situation/Event Happens → Thoughts → Feelings (physical and emotions) → Behavior



Situation/Event Happens →
-you eat in the lunch room

- a teacher approaches you to talk
- you are called on to answer a question in class
- you go to a party
- you give a presentation in class
- you take a test
- you have to ask a question in class
- a group of people are hanging out and laughing near you
- you walk down the crowded hallways
- you need to call someone to set up an appointment
- you meet someone new
- a group of people watch you as you demonstrate an experiment
- you use the restroom and someone else is in there

Thoughts →

- I am socially awkward
- No one will ever like me
- I don't know how to talk to people
- Everyone is cooler than me
- They will think I am weird
- They will know that I am nervous/embarrassed
- Everyone is judging me
- I can't do anything well
- I will mess up
- I am going to look stupid
- I will never be good at ____

Feelings (physical and emotions) →

- anxious
- nervous
- hot temperature
- racing heart
- hard to breathe
- sad
- lonely
- lightheaded
- shakiness

Behaviors

- avoiding talking to people, big groups, places like parties or bathrooms or restaurants
- going "into your shell"
- sitting near the edge of the room
- hiding in the bathroom

Cognitive Distortions

1. Mind reading: You assume that you know what people think without having sufficient evidence of their thoughts. "He thinks I'm a loser."

- 2. Fortune telling:** You predict the future--that things will get worse or that there is danger ahead.
"I'll fail that exam" and "I won't get the job."
- 3. Catastrophizing:** You believe that what has happened or will happen will be so awful and unbearable that you won't be able to stand it. "It would be terrible if I failed."
- 4. Labeling:** You assign global negative traits to yourself and others. "I'm undesirable" or "He's a rotten person."
- 5. Discounting positives:** You claim that the positives that you or others attain are trivial. "That's what wives are supposed to do--so it doesn't count when she's nice to me."
"Those successes were easy, so they don't matter."
- 6. Negative filter:** You focus almost exclusively on the negatives and seldom notice the positives. "Look at all of the people who don't like me."
- 7. Overgeneralizing:** You perceive a global pattern of negatives on the basis of a single incident. "This generally happens to me. I seem to fail at a lot of things."
- 8. Dichotomous thinking:** You view events, or people, in all-or-nothing terms. "I get rejected by everyone" or "It was a waste of time."
- 9. Shoulds:** You interpret events in terms of how things should be rather than simply focusing on what is. "I should do well. If I don't, then I'm a failure."
- 10. Personalizing:** You attribute a disproportionate amount of the blame to yourself for negative events and fail to see that certain events are also caused by others. "The marriage ended because I failed"
- 11. Blaming:** You focus on the other person as the *source of* your negative feelings and you refuse to take responsibility for changing yourself. "She's to blame for the way I feel now" or "My parents caused all my problems."
- 12. Unfair comparisons:** You interpret events in terms of standards that are unrealistic—for example, you focus primarily on others who do better than you and find yourself inferior in the comparison. "She's more successful than I am" or "Others did better than I did on the test."
- 13. Regret orientation:** You focus on the idea that you could have done better in the past, rather on what you can do better now. "I could have had a better job if I had tried" or "I shouldn't have said that".
- 14. What if?** You keep asking a series of questions about "What if" something happens and fail to be satisfied with any of the answers. "Yeah, but what if I get anxious? Or what if I can't catch my breath?"
- 15. Emotional reasoning:** You let your feelings guide your interpretation of reality—for example, "I feel depressed, therefore my marriage is not working out."
- 16. Judgment Focus:** You view yourself, others and events in terms of evaluations of good/bad or superior-inferior, rather than simply describing, accepting, or understanding. You are continually measuring yourself and others according to arbitrary standards, finding that you and others fall short. You are focused on the judgments of others as well as your own judgments of yourself. "I didn't perform well in college" or "If I take up tennis, I won't do well" or "Look how successful she is. I'm not successful".

[Reprinted from R.. L. Leahy, *Cognitive Therapy: Basic Principles and Applications*. Jason Aronson Publishing Co., 1996]

Thought Modifications Examples

Original Negative Thought:

Everyone is judging me

Thought Modification:

People are not judging me.

Original Negative Thought:

They will think I am weird.

Thought Modification:

I do not know what they will think, but many people will think I am cool.

Original Negative Thought:

No one will ever like me

Thought Modification:

A lot of people will like me if they get to know me.

Original Negative Thought:

I will never be good at _____

Thought Modification:

I can definitely become good at _____

(walkthrough of talking part)

Today:

-to be prepared: pull up info sheet

Get card/paper and a pen! For 2 exercises

-we are going to talk about CBT,

-cognitive behavioral therapy

-very common, very researched practice to

Help individuals to understand and cope with anxiety

-Relationship between thoughts,

Feelings, and behaviors.

-Specifically, it theorizes that there

Is an order of events, where thoughts

Influence feelings, which then influence

Your behaviors.

Look at your sheet!

Examples of thoughts, feelings, and behaviors

These three things influence each other,
But the first influencer in the event
Is your THOUGHTS.

-so this is HELPFUL information, because:
-While emotions and feelings can
Seem ambiguous and out of our control,
We can learn to identify and modify our thoughts.
**Thoughts are something that we have some
Control over.**

In therapy, this practice has been seen to help
Individuals dealing with anxiety.

1. How to identify a THOUGHT: (scroll down to next page!)

-It happens so fast! It is automatic
-It is not an emotion or a feeling.
-It is our personal interpretation
about the event occurring.
-there are helpful and unhelpful thoughts
-One thing that can help, sounds simple,
Ask yourself: **what was I just thinking?**

Exercise 1.0

-think about a time in the last week
Where you felt the most anxious,
What was one to two thoughts going
Through your head?
*SHOW MY EXAMPLE!
-again, use the sheet if you need help!
-write this down on the front of your note card!
-write the situation AND the thought
-We will share later but, not yet 😊

2. Identify Thought distortions/cognitive distortions

-now that you have identified some thoughts,
Lets talk about thought distortions.
-everyone has these, all the time!

TRANSITION:

-Part of CBT is about **identifying** cognitive
Distortions and negative thoughts,
-Because they are thought to INFLUENCE
Our feelings and our behaviors.
-CBT gets us to identify and then
And **CHALLENGE** them,

Then ultimately **MODIFYING** them.

➔ today, we are going to try to modify our Negative thoughts.

3. Modifying thoughts

-now let's think about ways to challenge our thinking, By modifying the thinking to be **realistic and Positive.**

-look at the example on the sheet!

(say examples)

-this might feel uncomfortable at first,

Can be hard to break these patterns,

Or think positively,

When for so long you have thought negatively

-How can you all modify the thoughts you just

Identified and wrote down?

EXERCISE 2.0:

-second part of this exercise:

Flip your cards over!

-Write down a different thought

Which challenges and modifies

Your other thoughts.

***SHOW YOUR EXAMPLE!**

-Use the examples for help!

-share with the group

➔ **final step: scribble over your last thoughts!**

➔ **Challenge this week: record your unhelpful thoughts at least 3 times, and rewrite them as modified**